



Healthy Summit for Children: Part 1 Physical Activity October 4, 2013

BREAKOUT SESSION #1: ZERO HOUR: ACTIVE TRANSPORT

PHYSICAL ACTIVITY BEST PRACTICE GOAL: To encourage walking and bicycling to school. Research shows that students who walk or bike to school have higher daily physical activity levels and better cardiovascular health than those who do not.

BARRIERS:

1. Weather
2. Highway & Perceived Safety
3. Distance
4. Time Element
5. Breakfast
6. Other Students
7. Physical Limitation
8. Family Support
9. Technology Distractions
10. Route Concerns
11. After school conflicts
12. NOT EMPOWERED

PARKING LOT:

1. Bus to Activities
2. Facility Readiness

SOLUTIONS AND ADDITIONAL RESOURCES:

See attached summit presentation “*Zero-Hour Active Transportation: Safe Routes to Schools*” by Laval Means.

BREAKOUT SESSION #2: ZERO HOUR SUPERVISED ACTIVITY

PHYSICAL ACTIVITY BEST PRACTICE GOAL: To offer intramural sports and physical activity clubs before or after school and helping such programs be accessible to all students.

BARRIERS:

1. Supervision & Activity
2. Parents
3. Not Valued – home & school
4. Late to School
5. Shavers
6. Clothes
7. Getting to School
8. Weather
9. Staff
10. Breakfast before school
11. Sleep!
12. Shift in time for teenagers
13. Open Facility?
14. Teachers -> so much to do in A.M.
15. Hardship – purpose for students
16. Varied activities

SOLUTIONS:

1. Parent education and outreach
2. Multiple options for activities in the morning
3. High School -> Give credit to show up
4. Flexibility with parents & community for early transport
5. Staff lead activities; model behavior 15 min before -> staff buy in, younger staff
6. Rotate staff
7. Parent volunteers
8. Charting goals – visible for activities
9. Flagship in A.M.
10. Earlier buses
11. Multiple options of activities
12. Flexibility in teacher contracts to facilitate A.M. activities
13. Breakfast & activity
14. Parent education & outreach
15. Parent involvement at home
16. Music
17. Stationary bikes
18. Build & use

19. Vertical Challenge
20. Encourage roll modeling by students, teachers, etc.
21. Incentive plan – once a month
 - a. Walk, record
 - b. Track & link to community resources
22. Use Community group for zero hour activity
 - a. Flagship, Parks & Recreation, YMCA
 - i. Education on cycle & motor rules in school – in classroom
 - ii. Increase Volunteers at Zero hour for equipment available
 - iii. Demonstrate different ways to get to the building
 - b. Roller blade
 - c. Park_____?????
 - i. Increase parent involvement to address safety flow and traffic at school
 - ii. Breakfast in classroom & save time
 - iii. Fostering student group coordinator
 - iv. Safe routes / Money for buses
 - v. Set goals to provide kids fun challenges, attain achievement. Also, track food, heart rate, BMI, etc.
 - vi. Each child is individual
23. Meet kids where they are
24. Don't get too competitive
25. Help them find their gifts
26. Measure things that have value, self comp. rather than VS.

BREAKOUT SESSION #3: IN-CLASSROOM INSTRUCTION

PHYSICAL ACTIVITY BEST PRACTICE GOAL:

Increasing the amount of time youth spend in physical activity through brief classroom breaks or incorporating physical activity directly into academic sessions.

BARRIERS:

1. Space
2. Class size (# of students)
3. Acceptable behavior
4. Teacher confidence, fear
5. Change is difficult
6. Lack of knowledge of physical activity benefit
7. Competing demands
8. Work load
9. Schedule
10. Diversity of learning styles
11. Support from administrators
12. Teaching to the test/standards or curriculum
13. Time
14. Attitudes: Parents, Teachers, Students
15. Lack of specialists
16. After school opportunities
17. Need access to outdoors
18. Need supportive policies
19. Appropriate clothing

SOLUTIONS:

1. Canned programs. i.e. Take 10! And Brain Breaks
2. Differentiated instruction and flexible grouping
3. Alter space -> get rid of some furniture
4. Talk to administrator
5. Talk to PTA/PTO
6. Rethink your classroom
7. Train teachers
8. Set priorities

ADDITIONAL RESOURCES:

1. Take 10 Program! <http://www.take10.net>
2. Brain Breaks at <http://energizingbrainbreaks.com>
3. CATCH! <http://catchusa.org/>



BREAKOUT SESSION #4: ACTIVE RECESS

PHYSICAL ACTIVITY BEST PRACTICE GOAL: Strengthening recess transforms the school climate, paving the way for less bullying and more focus on learning.

BARRIERS:

1. Trained staff
2. Space
3. Lack of functional equipment
4. Funding
5. Weather
6. Motivation
7. Time
8. Lack new model
9. Lack of recess time

SOLUTIONS:

1. Playground supervisor trained, paid by PTA
2. All students taught same games/rules
3. Specific zones for specific games
4. Promote self-direction
5. Access professional resources, U of M, PE teachers, peers, assigned staff
6. Information on recess models are available
7. Rewards for being active
8. Added staff to recess time: one to oversee safety of kids and the one to guide activities
9. Seasonal trainings
10. Recess buddies between older and younger kids: mini trainings for older kids, kids perspective
11. More training on indoor recess ideas: i.e. yoga
12. Classroom active recess ambassador
13. Inexpensive and creative equipment needs, repair broken items
14. Assess integrating “flex time” for teachers to become involved at recess
15. Parent and community organization involvement
16. Foundation  Paid/trained staff Community experts 
Classroom ambassador/peer mentoring

BREAKOUT SESSION #5: ACCESS TO PHYSICAL ACTIVITY DURING THE SCHOOL DAY

PHYSICAL ACTIVITY BEST PRACTICE GOAL: Moderate- or vigorous-intensity aerobic physical activity for 60 minutes a day through daily planned physical activity that is engaging and involves all children with minimal or no waiting time.

BARRIERS:

^ INTENSITY + ^ DURATION

1. HH instructors help/train
2. More options, variety, sequencing & pacing
3. Include music – don't get bored
4. FUN
5. Choices & transition
6. Include kids ideas...
7. Keep kids active while teaching skills, also to learn/exp learn
8. Stand while learning (more)

SOLUTIONS:

1. PE, whenever possible should be scheduled earlier in the day or before difficult classes.
2. Some schools have Physical Activity directors. This often is a physical education teacher (such as Paul Zintarski at Naperville HS) but can be anyone.
3. PE should include as much movement time as possible. Illinois has an initiative the call enhanced PE with many suggestions on how to do this. Montana has adapted a more lifetime activities approach.
4. In Montana, when possible, break each health enhancement class into a health portion and an activity portion so that students achieve some movement every day they have HE. This is being piloted by Maureen Thomas at Big Sky HS with the Health Science Academy students.
5. Schedule student days so that every student has some free time in MS or HS for physical activity. This might necessitate having a requirement for accumulating exercise minutes. The use of heart rate monitors is being successfully used in a number of schools to encourage/require students to be active daily.
6. Rockford, IL high schools have both a PE class and required physical activity. Students get a Physical Activity/fitness grade based on their average HR (heart rate reserve) during their physical activity. This has been challenged and stood several tests as low fit

individuals don't need to do much absolute work to get their HR higher, but as they become more fit, they have to gradually increase what they do. More fit individuals have to work much harder.

7. Culture changes so that students understand that brisk walking between classes and remaining physically active will help them in school.
8. Walking treadmill computer stations in computer labs and libraries. This is being done in a few private schools and in many businesses.
9. What is not a solution: Getting rid of Physical Education and replacing it with regular access to physical activity or turning PE/HE teachers into activity directors. Both are needed. PE is a curriculum to teach students about health and movement while physical activity to promote health and learning needs to be a culture change and be incorporated into student lives. PE teachers are a critical component in that effort.

GUIDING PRINCIPLES FOR DISCUSSION

1. "I" speaker at a time
2. Listen intently
3. No bad ideas
4. Be concise when speaking
5. Give everyone a chance to be heard
6. Engage kids in choices
7. Norm = activity not exercise or sport
8. Volunteer – walk/bike, bus, carpool, ride share
9. ^ parent/family participation
 - a. Offer family classes
10. Provide financial support

PARTICIPATION

1. Family - @ home time sheet
2. Web Clearinghouse – Options
 - a. w/w/h/w/ \$ & rated
 - b. Rate – Let's more endorsement
3. Incentivize - # of participations, awards, recognitions
4. Educate Families – value of PA + solutions
5. Remove "labels" – all welcome
 - a. Common, accepted name
6. Coordinate ^ participation
 - a. Mountain line, Beach, other

BREAKOUT SESSION #6 AFTER-SCHOOL PHYSICAL ACTIVITY

PHYSICAL ACTIVITY BEST PRACTICE GOAL:

Offering intramural sports and physical activity clubs before or after school and helping such programs be accessible to all students.

BARRIERS:

1. Transportation
2. Safety
3. Financial cost
4. Working families
5. Cultural norms
6. Social media
7. Hunger
8. Daylight hours
9. Not a choice to stay at school

SOLUTIONS:

1. Add life sports to the team sports
2. Open gym activities
3. Joint use agreements
4. Community organizations work together
5. Trained staff
6. Work with existing school curriculum

ADDITIONAL RESOURCES:

Joint Powers - interlocal or intergovernmental agreements. Legal authority, possible reasons, examples.

<http://www.mrsc.org/subjects/parks/ig-parks.aspx#about>

<http://codes.lp.findlaw.com/mtcode/7/11/1>

<http://www.msulocalgov.org/resources/Data%2FTraining%20Resources%2FMMC%20TFOA%2FMMCTFOA%202013%20Archive%2F607.3.%20Interlocal%20Agreement%20Laws.pdf>

Afterschool PA guidelines, standards, best practices and resources...

<http://www.aahperd.org/naspe/standards/upload/Guidelines-for-After-School-PA-Intramural-Sport-Programs-2001.pdf>

<http://www.cde.ca.gov/ls/ba/as/documents/paguidelines.pdf>

<http://www.afterschoolpa.com/>